



ComPASSIONate Connections



Self-Sourcing

WHAT IS SELF-SOURCING?

Self-Sourcing is defined as the ability to take care of ourselves and to source our own needs from within. This is contrary to our societal conditioning, which teaches us to look to outward—to other people or things—for our happiness. This is not “wrong”; however, it can foster dependence, which often leads to expectations, disappointment, and discontent. The path to a healthier, more fulfilling, and sustainable way of relating is *inward*, where we learn how to fill our own self-love “tanks” and to take good care of ourselves. It begins with our own unique connection to the feminine Earth energy and the masculine Source energy ... and with the merging of these two divine universal energies in the center of our own precious hearts.

THE THREE PRIMARY NEEDS

To limit unhealthy enmeshment and have maximum fulfillment with self and others, we must learn how to self-source these three primary needs:

1) Self-Love/Self-Esteem (*learning to honor, accept, & manage all aspects of self with love & compassion*).

Generating a sense of inner esteem precludes our feeling bereft in the absence of external approval.

2) Safety & Security (*learning to find safety within our own beings, regardless of external circumstance*).

Applying the tools of self-empathy, self-soothing, and discharging uncomfortable emotions and energies when faced with fears and triggers helps us take back our power and not rely on others to “feel and be safe.”

Act on your guidance without constantly saying that you are frightened and require proof that you are safe. You will never get that proof. Every choice in life is an act of faith. Stop allowing fear to be the one contact voice you listen to with unremitting faith. Be outrageously bold in your belief that you will be guided but, do not have expectations on how that guidance will unfold. Keep your attention in present time—always in present time. —Caroline Myss

3) Connection to Our Own Unique Source Energy (*learning to find solace & direction inside ourselves*).

When we are connected to Source, we can look to Universal intelligence for guidance. We possess an abiding and durable faith and trust that we are provided for and cared for by a resource that is much greater than ourselves. Note that *Source* can mean *God, Higher Self, Divine Self, Existence, Father Sky, Creator, The Universe*, etc. We invite you to apply these principles within your own unique belief system.

WHY IS SELF-SOURCING IMPORTANT?

Deciding to honor and love ourselves fully affords us the greatest opportunity to create a wonderful life for ourselves and to contribute to the well-being of others! When we embody love, peace, and compassion for ourselves, we are said to be “self-sourced.” We are then able to give to others from a full and self-replenishing inner wellspring, rather than from scarcity and lack. When we have not yet learned to source these three primary needs ourselves, we tend to look for ways to silence the troubling inner whisper telling us that we are out of alignment with our true essence. Common strategies for silencing this voice include turning to drugs, food, sex, gambling, excessive work, and enmeshment with others for comfort. Such behavior often leads us into repetitive looping patterns of self-destruction. We are the only ones who can make the changes necessary to transform our lives for the better. You are the most powerful person in your life!

THE FOUR ANCHORS OF CONNECTION

Here are the four primary anchors of connection for those seeking to be self-sourced.

1) Connecting & Grounding to Earth

Imagine that a cord is growing out of the soles of your feet or extending from your root chakra, deep into the center of Mother Earth, and drawing from her vital life force energy. Imagine that her energy and strength are being infused into your body. Breathe and affirm your mutual connection.

2) Connecting to Source Energy

Feel your connection to Higher Self, God, Spirit, The Universe. Imagine a cord of divine energy coming down, through your crown chakra. Feel this divine energy connecting you to all life. Breathe and affirm your connection to Source. Perhaps use the mantra, “I am a clear channel for spirit to flow through.”

3) Connecting to Your Heart/Inner Child

The meeting point between Mother Earth and Father Sky (“Source”) is in your heart. This place is where your own “inner child” lives. Our inner child can be our greatest source of puzzling and troubling emotions. It is important for us to reclaim our vulnerability (our willingness to be seen, heard, and known) by learning to listen, care for, and attend to the feelings and needs of our inner child on a regular basis. When we fail to do this, our inner child often acts out in desperation (tantrums, guilt-tripping, blame/shame, self-loathing, addiction etc.), in an attempt to meet his or her long-unacknowledged needs. When you find yourself engaging in unconscious self-destructive behaviors at any level, it is time to meet your inner child with compassion.

Close your eyes and reaffirm your own unique connection to Mother Earth and to Source. Take a few deep breaths and drop into your internal landscape. Bring a hand to your heart and feel your own precious heartbeat. Imagine yourself locating and beholding your own inner child. How old are they? What are they doing? What do they look like? Really see and feel them before you. Imagine yourself approaching them slowly and with great care. Ask them how they are feeling and what they are needing. Listen with an open, compassionate heart and reflect back what you hear them say. Ask them how you can best support them right now. Gently offer them the support and tender care they are longing for. Breathe with them. Reassure them that you are here to love and care for them now. Offer them words of affirmation, acknowledging how precious and amazing they are. Breathe deeply and imagine you both feeling held in Source energy.

4) Energetic Shielding and Boundaries

Shielding is a practice that helps us to create a force field of auric energy around our bodies to protect us from taking on the energy and emotions of others. It also aids in us learning how to contain our energy, so that we can be “sourced” full with our own self-love and the energy of creator.

Close your eyes and visualize a golden cord extending from your solar plexus and wrapping down the front of your body, below your feet, up your back, and above your head, then moving down the front of your upper body and locking into its point of origin, at your solar plexus. Feel yourself ensconced in a “golden egg” of pure light. Play with expanding the edges of this boundary outward and drawing it in close to your body. Now, imagine the others around you in their own golden light boundaries, and honor and respect their sacred space. Take a moment to feel and appreciate the energy in the space between your boundaries, which connects you to others in healthy interdependency. Then take a few deep breaths, ground your body, and slowly come back into the room.

Being out in nature is a great place to practice completely opening your auric field so that you can cleanse, purify and recharge your chi/prana/life force. Discernment is needed here, though, as an open energetic field more easily attracts and hooks into other energies. Thus, learning to pull your boundary closer to your body, when appropriate, is equally important for your well-being. Consider the people with whom you surround yourself: Are they supporting your health and wholeness? When you are among unsupportive energies, pulling in your auric field will draw your energy inward and help you with containment.

THE IMPORTANCE OF RELEASING & DISCHARGING UNCOMFORTABLE FEELINGS

Often, when we feel discomfort in our bodies, our default response is to deny, repress, and/or cover up the uncomfortable feelings with various addictions or distractions. It is important to notice the first sign of irritation or discomfort in your body and apply tools of self-care to release that energy.

We are energetic beings. Our bodies are constantly gathering and sifting through information in every moment. According to quantum physics, everything is moving and vibrating at different speeds, whether we can see it or not. When energy is moving freely throughout our bodies, we feel vibrant and alive. When energy is stagnant, we feel depleted, exhausted, and irritated. First, stuck energy creates a blockage in the aforementioned auric field, or “energy body.” Stagnant energy left unattended and unreleased will eventually manifest in dis-ease in the physical body. It is imperative for us to listen to and address signs of discomfort in our bodies immediately. This is a great act of self-love and self-care! It is up to us to learn tools and techniques for releasing tension, stress, and uncomfortable feelings from our bodies. Once this happens, we can come back into homeostasis and balance. This keeps us attuned, aligned, and feeling happy and healthy.

TEN SELF-CARE TOOLS FOR RELEASING ENERGY

1. Body shaking: Stand up and plant your feet firmly on the earth. Shake your body, allowing it to be soft and supple. Release your jaw; let your knees be soft. Let your whole body relax and hang while you shake. Encourage sound out of your body (uh, ah, oh). When you stop shaking, close your eyes and breathe. Reground your body and connect to source (anchors 1 & 2 above). Smile and feel the energy flowing throughout your body.

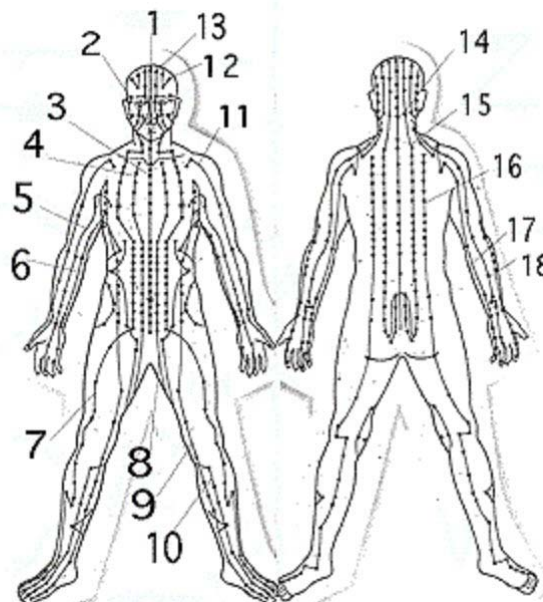
2. Yawning, laughing, belching, burping, sighing: All of these are forms of releasing energy from the body. They are healthy and encouraged.

3. Movement: Running and other exercise, dancing, deep breathing, yoga, and qi gong and other martial arts are all effective ways to move and release energy from your body.

4. Spending time in nature: Being surrounded by nature helps us to reconnect and ground into our natural environments. Engage your senses and take in the beauty, peace, and tranquility around you. Practice opening your auric field/energy body as described above, to take in the prana/chi/energy from your surroundings. As you bring the energy into your body, allow yourself to feel it nourishing, connecting, and healing you. Spending time in and around water is especially cleansing, purifying, and healing.

The Chinese Medicine Acupoint System

1. Governing Vessel
2. Large Intestine
3. Conception Vessel
4. Kidney
5. Pericardium
6. Heart
7. Stomach
8. Kidney
9. Spleen
10. Liver
11. Lung
12. Gall Bladder
13. Bladder
14. Governing Vessel
15. Bladder (Inner line)
16. Bladder (outer line)
17. Small Intestine
18. San Jiao



The meridian and acupoint system of Chinese Medicine began in China around 2698 B.C. This ancient tradition identifies energy pathways on the body called meridians or vessels or channels. Each meridian contains entryways to specific organs or parts of the body, called acupoints.

5. Tapping or holding acupressure points: The image above shows the organs that correspond to a few key acupressure points. (You can look up the full system of points, meridians, and corresponding body areas online.) You can tap, rub, and hold these points to open up channels in these areas of the body so energy can move freely. Soreness and tension of an area indicates stagnation. Breathe into it, and imagine the energy gently releasing down your meridians and out your feet into the Earth.

6. Meridian tapping: Use your hands to tap up and down the meridians of your body. Use sound while tapping (da, cha, pa, ka, or any other sound your body would intuitively like to make). When done, stop and close your eyes. Breathe. Apply anchors 1 through 4 above. Smile and feel the energy flowing throughout your body.

7. Meridian brushing: Use your hands to brush the energy down your arms and out your hands as well as down your legs and out your feet. Imagine any stuck, uncomfortable energy releasing out your body and returning to the Earth. When done, stop and close your eyes. Breathe. Apply anchors 1 through 4 above. Smile and feel the energy flowing throughout your body.

8. Chakra clearing and rebalancing: Refer to separate sheet (included).

9. Clearing energetic cords of attachment: It is common to create energetic hooks into other people to get our needs met. Engaging in worry and obsessive thought, or compulsively focusing more on someone else than on our own feelings and needs, are indicators that we have allowed our energies to leak and become hooked into the energy fields of others. This can create a cord of attachment anywhere in our energy bodies, often hooking into a chakra. This attachment cord robs us of our own vital life force energy, health, and vitality. When we clear these cords, we regain our power and energy. The intention is not to remove these people from our lives, but rather to clear the “energetic cords of attachment” that hook us into destructive patterns that promote unhealthy relating.

Close your eyes, breathe, and feel your body. Is there a person or thing you feel tied into, to whom you have been giving away your power? Notice if you can sense any energetic attachments on your body. See if you can visualize where they are hooking into on the body of the other person. Take a deep breath and connect to your higher power. Fill your whole body with light and ask for assistance from your guides, angels, and wisdom keepers. Imagine a ray of light coming through your arm, transforming it into a divine light-saber of healing. This light-saber is a divine instrument gifted to you from creator. Feel its power. Gently lift your arm and cut the cords of attachment on your body. Watch them spiral and feel the energy recoil back to you. You may notice your body trembling and releasing energy. This is normal. Breathe and allow the energy to discharge. Put a hand on the area of your body where you cut the cord (or imagine your hand there). Fill that area with your own life force energy. Imagine a golden healing light infusing that area with healing and love. Say aloud several times, “I release all that does not serve me. I reclaim my own power and life force energy now.” Breathe. Ground and connect your body to Mother Earth. Come back into presence.

10. Conscious Venting: Take time to deeply feel and release your anger, frustration, and disappointment through “conscious venting.” Feel your energy ebb and flow, expressing or voicing whatever needs to be released, by stomping your feet, pounding pillows, crying, screaming, and the like. Don’t monitor yourself; the more you are willing to feel, express, and let go, the better! When you feel complete, close your eyes, breathe, and apply anchors 1 through 4 above. Smile and feel the energy flowing throughout your body.

It is best to vent by yourself or with a neutral coach or friend. Make sure you don’t direct your anger at anyone. The purpose of releasing this energy is for your healing.

I want to personally thank Scott Catamas for your support. Thanks to Laurie Masters for editing, and thanks to David Imiri for your insight and wisdom!

Self-Care

Self-care is an act of self-love that creates happier, healthier and more joyous relationships with yourself, others, and the world around you!

VISUALIZATION/MEDITATION

Use this visualization/meditation to get in touch with your radiant optimum health and well-being!

Take a moment and close your eyes, breathe and feel yourself come into presence. Imagine yourself in perfect, radiant well-being and fulfilling, right livelihood. What would that look like? What would it feel like? Allow yourself to envision it as so. Take a few deep breaths, allowing yourself to notice any painful stories, beliefs, or fears you are telling yourself that are blocking you from really claiming your perfect vibrant health and well-being. What sensations are you feeling in your body as a result of these stressful thoughts? Breathe into any upwelling emotions, and release their energy—through sound, breath, or movement. What life-affirming belief would you like to call in, to replace that harmful belief, story, or fear? Bring it into your body. Feel and see yourself living in optimal radiant health and well-being. What would support you to BE and HAVE that?! Thank whatever comes. Anchor your vision into form by feeling your body firmly rooting your vision into the Earth.

CONTEMPLATE SELF-CARE

Write down three ways you currently practice (or could begin practicing) self-care, in each category below. Be creative; there are no right answers. Be careful not to judge yourself for what you are not doing, and instead celebrate the little ways that you are. An act of self-care can be as simple as taking a few moments out of your day to breathe and/or appreciate yourself!

Emotional well-being (Examples: releasing my uncomfortable feelings, acknowledging and mourning my unmet needs and corresponding feelings, appreciating and celebrating my accomplishments.)

- 1.
- 2.
- 3.

Spiritual well-being (Examples: going on walks in nature, meditating, breathing, connecting to Higher Self.)

- 1.
- 2.
- 3.

Mental well-being (Examples: life-affirming “I am” statements to replace obsessive thinking, becoming present to the stories I tell myself.)

- 1.
- 2.
- 3.

Physical well-being: (Examples: exercise routine, yoga, healthy eating, napping, sunbathing, etc.)

1.

2.

3.

Practical well-being : (Examples: managing my finances, setting up my bills for autopay, etc.)

1.

2.

3.

Take a moment to review each category above and circle **ONE** practice from each that feels the most important to implement in your life right now!

FIND YOUR OWN RHYTHM AND ROUTINE

Routine isn't boring; rather, routine gives our lives stability, security, safety and serenity. (Think of uplifting routines like getting enough sleep, participating in physical activities you enjoy, and having a date night with your spouse or a girls' or guys' day out.)

To develop your own rhythm and routine, ask yourself these powerful questions:

1. "What one routine from each category above could I put into place this month that would improve my life?"

Emotional: _____ Spiritual: _____ Mental: _____ Physical: _____ Practical: _____

2. What strategies can I implement into my life to build support for these routines?

3. How would my life be even more wonderful by implementing this routine?

4. Am I willing to commit to and affirm these routines in my life right now?

5. Who in my life can I share this with and ask to hold me accountable?

Once you have chosen a self-care practice from each category above, write it down on an index card. Then think of how you'll schedule it into your life for the next 30 days. If you thought of a person who can support you in holding yourself accountable, contact them and ask if they would be willing to do so. After a week of engaging in your new routine, check in with yourself: How am I doing with this new practice? How am I feeling? Do I feel more centered, relaxed, and balanced? Celebrate the ways you have embraced this new routine, and acknowledge and mourn any ways that you haven't. Recommit to your practice, and appreciate yourself for your courageous commitment to self-love!

DEFINE YOUR BOUNDARIES

Create a list of boundaries and limits to honor your self-care. This list represents the things that you want to say NO to (or create appropriate boundaries around). When we create limits and agreements to honor our self-care, we are demonstrating respect for our self and others, and we are modeling a new paradigm of self-love.

“When we honor ourselves fully we honor the entire Universe.” —Scott Catamas

Remember, when we are saying “NO,” we are saying “YES” to something else. **Celebrate your YES!**

Examples:

- I will not use credit cards unless I can pay them off fully at the end of the month.
- My limit on surfing the web is 30 minutes per day.

My Boundaries and Limits List:

- _____
- _____
- _____
- _____
- _____

If you need support in defining and your boundaries and expressing them with compassion, please visit our **Boundaries with Compassion** module, at www.lovecoachacademy.com to learn more.

KNOW YOUR NEEDS AND VALUES

Discover what needs and values you are attempting to meeting by saying no. Knowing what you don't want to do is just as important as knowing what you do. Ask yourself (refer to the Universal Humans Needs list):

- Which of my needs/values are not being met in the ways I would like? What do I need more of right now?
- What do I need less of?
- How can I appreciate the needs/values that *are* being met in my life right now?
- How can I speak up and ask for what I want? (Asking for support is an act of courage and self-love! You deserve it!)

MANAGE ANY GUILT THAT ARISES

Many of us have grown up with a cultural programming that it is more important to put everyone else and everything first. That means that we come last on the totem pole. We live in a culture that places a higher value on money, work, and taking care of others than on self-care and learning to honor our health and well-being.

We may have even been admonished by our teachers, parents, and others that taking care of ourselves makes us self-absorbed, selfish or even narcissistic. When we let go of this programming and our limiting beliefs around self-care, we liberate ourselves! Let's embrace some new beliefs: "My needs, health, and well-being matter and are important. I am consciously choosing to honor, love and care for myself now."

As we embrace our health, well-being and self-love, we may notice guilt may arise. This is completely normal. When we make choices that support our self-care, other things may not get as much attention as before. You may even notice that you are spending less time taking care of others or that fewer things get crossed off your to-do list. Some people may even get upset that you are not "there" for them in the ways you have been before.

Shifting patterns that are not serving us may be uncomfortable at first. It takes time to integrate new life-affirming patterns, and we need to be patient. Focus on feeling your *own* care and self-love. Others might be shaken by the change, as their expectations may get rocked as they see you showing up differently than you have in the past. Remember, you are modeling self-care, which is an act of self-empowerment (no matter how they respond).

Underneath your "guilt" is your care. I want to thank you for being a deeply caring and loving being. I want to let you know that your self-care is the greatest act of care you can give others. Remember, it takes time for new habits to take form. It may feel awkward and uncomfortable at first, but with time you will be feeling better in your body, mind, heart, and spirit! Your relationships will start thriving, and you will find the internal peace, happiness and vitality that you have always longed for!

When you notice that guilt is coming up for you, ask yourself these questions:

- What am I telling myself about this situation or person?

- What "shoulds" expectations, or beliefs am I buying into and holding as TRUTH? (Examples: A good mother should put her kids first. When I don't take care of him, he suffers. She can't do it without my help.)

◆ ◆ ◆ **What do you say we all make a new commitment to STOP "should-ing" on ourselves!** ◆ ◆ ◆

UNEARTH YOUR VEILS OF PAST PAIN

As you reflect on those shoulds, expectations or beliefs, ask yourself where they may have come from. What "veils of past pain" or conditioning want to be brought to light of consciousness for healing and compassion?

- What feelings and needs underlie my guilt? (See the Emotions Inventory & Universal Human Needs lists)

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- If I make the choice to _____, what will be the consequences to other people?
 - What are the benefits of this choice? Do the benefits outweigh the consequences?
 - Describe any fears you might be feeling about the other person's negative reactions to your choice:
 - List any needs that you imagine might go unmet for the other person, if you make this choice: (See Universal Human Needs List).

Now, contemplate your willingness to be present with the other person's reactions to your new decision to take care of yourself: Are you willing to give them empathy by acknowledging and appreciating their uncomfortable feelings and unmet longings, and give them authentic reassurance that you care, while staying true to yourself?

REPROGRAM LIFE-ALIENATING BELIEFS WITH "I AM" AFFIRMATIONS

Our minds carry powerful information to our bodies and spirits. Often we are carrying limiting beliefs, fears, and destructive stories about ourselves in our subconscious minds, which can show up as unconscious, self-sabotaging or self-destructive patterns in our daily lives. The byproduct is pain and suffering. The way out is to bring these life-alienating thoughts to the light of consciousness and to reprogram them with life-affirming ones.

Take a moment to get in touch with something about yourself or your life that you don't like. Notice what stories you tend to tell yourself about that aspect of you (I'm so fat; I'll never be happy; I'm broke). What conclusions have you drawn about yourself? (I'll never have true love; I'm worthless; I must work hard to get what I want, etc.)

- What don't I like about myself or my life?
- What life-alienating thoughts and stories do I habitually tell myself about this?

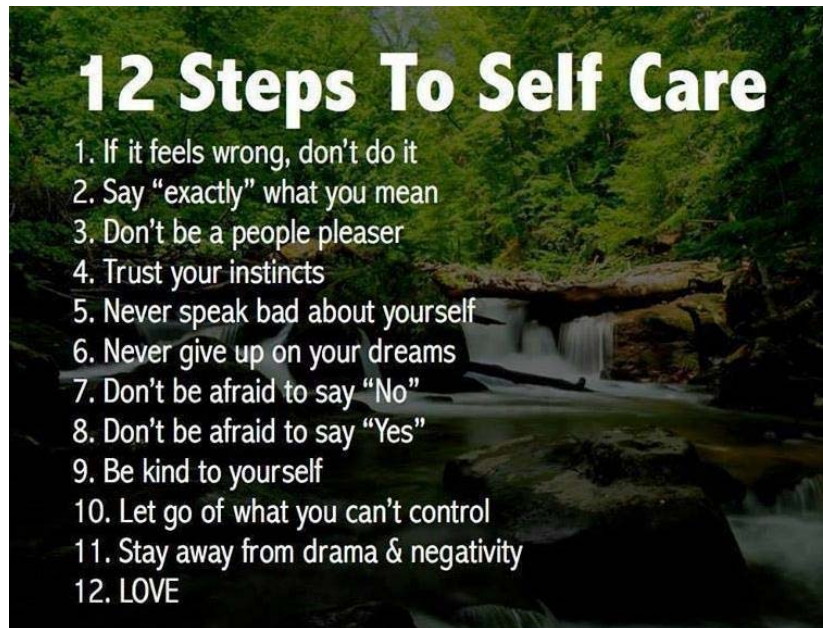
Now take a moment to reprogram each one into a life-affirming "I AM" statement. We suggest starting affirmations with the words "I AM," because of the extraordinary creative power of those two words. Many of our leading philosophers and wisdom teachers believe that the first thought of creation (the "big bang that" that happened 14 billion years ago) was "I AM." Most creation myths and stories (including the actual first words of the original Aramaic-language version of the Christian Bible) point to "I AM" (or AUM) as the vibration of Divine Creation.

Examples of I AM affirmations that Scott & I have given to others are:

I AM LOVE ~ I AM LOVED ♥ I AM FULFILLED ♥ I AM SAFE

My new affirmations:

TWELVE STEPS TO SELF-CARE:



1) Which of these steps do you find yourself already in the habit of practicing? (List the numbers):

2) Which steps do you think you need to work on?

It is your job now to notice when your "monkey mind" starts playing the old stories. Watch the pain or discomfort in your body. Get curious about what you might be telling yourself. Begin programming your mind with your life-affirming "I AM" statements. Feel them in your body as you speak them to yourself or out loud. The more you commit to doing this practice regularly, the more you will notice your life transforming in wonderful ways!

It is my hope that as you read these pages, you will have a greater understanding of the importance of valuing yourself and caring for yourself above all else. I hope these tools get you thinking about and pondering your daily personal care routines. Listening to motivational speeches, playing uplifting music, and keeping a positive attitude are fuel for your mind and nourishment for your soul. Hold tight to a firm belief that every moment is a new one to embrace, honor, accept and love our humanity. Find the gratitude and celebration in your life, rather than focusing on deficiency-based thoughts about what is wrong, or what could be better.

Remember, you come from greatness. Your intelligence, creativity, beauty, and resilience will take you anywhere in life. Embrace these simple tools, and bend them to your own will. Choose to be the authentic version of yourself that you know to be true from your wiggling toes to the tip of your nose. Love yourself, always.

With love and compassion from my heart to yours,

EMILY ♥ ORUM